

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Our state-licensed Creative Playtime Preschool Program
has openings for children ages 3-5.
Check out pages 8-9 for more information!

Youth, Adult & Senior Programs * Swim Lessons * Special Events * Fitness Classes * Bus Trips



Adult Fitness Classes



Golf Tournament



Preschool



Churchill Park Picnics

RESIDENTS: Registration begins Friday, March 7th

NON-RESIDENTS: Registration begins Friday, March 21st



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



+ _____

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER



Mortensen Community Center Gym Rentals

The gymnasium can be rented during the fall, winter and spring seasons; however, rental availability is limited due to programming needs. More information regarding gym rentals can be found on page 13.



Teen Center Facility Rentals

The Teen Center is a great place for a birthday party or team get-togethers for less than 30 guests. More information regarding renting the Teen Center can be found on page 13.



Community Gardens

The Community Gardens are located next to the Young Farm property at 282 Church Street. Plot sizes are 20 x 20 feet, and will be roto-tilled and marked. Community Gardens are open to Newington residents only. Please visit our website at www.NewingtonCT.gov/parksandrec for rules and regulations governing the gardens. The date of planting will be dependent on soil and weather conditions, but is anticipated to be mid-spring. Water will be available; please bring your own containers. The fee for each garden plot is \$20.00. Registration is held at the Parks & Recreation Office in Town Hall.

Returning gardeners may reserve their plot any time on or before Wednesday, March 26, 2014. Registration for new gardeners begins Thursday, March 27, 2014 (upon availability).

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Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin **Wednesday, March 5th, 2014** at the Parks & Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas is available online at www.newingtonct.gov/parksandrec. Sports equipment will also be available for rental; please see the reservation form for details.



UPPER SITE \$35/day

Open space that can accommodate 40 people and includes tables and a grill.



LOWER PAVILION \$50/day

Covered shelter that accommodates 60 people and includes electricity, tables and a grill.



MIDDLE PAVILION \$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.

FREQUENTLY REQUESTED PHONE NUMBERS

Basketball - Travel	(860) 805-4210
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 667-9737
Football - Youth	(860) 667-9737
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	(860) 828-7424
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8773

Community Events ...



Family Fishing Derby

Saturday, April 26th, 9:00 a.m.—12:00 noon at Mill Pond Park Pond

The Family Fishing Derby is open to boys and girls ages 3 through 15 years old. The event will be held from 9:00 a.m. - 12:00 noon and is sponsored by Newington Parks & Recreation and Trout Unlimited. Bring your whole family to participate in this wonderful springtime event. All children must be accompanied by a parent or guardian. In case of inclement weather, please call our program hotline at 860-665-8686. You must provide your own fishing equipment. This event is FREE!



16th Annual Golf Tournament

Monday, May 12th, begins at 12:30 p.m. at Indian Hill Country Club (Rain Date: Monday, May 19th)

Join the Newington Parks & Recreation Department's 16th Annual Golf Tournament at Indian Hill Country Club. The "Shotgun" format tournament is open to all ability levels. All proceeds support recreation programs in the Town of Newington. The registration fee is \$125 per person and includes the greens fees, cart, lunch, dinner and prizes! Please call the Parks and Recreation office at 860-665-8666 if you are interested in making a donation, becoming a sponsor, or playing in the tournament.



National Trails Day Celebration - Cedar Mountain Bird Walk

Saturday, June 7th, 7:00 a.m.

This family-friendly event will be fun for everyone! More information will be available soon!



Touch-a-Truck

Saturday, June 14th, 10:00 a.m. -12:00 noon in Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is an event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required. This event is FREE!



33rd Annual Extravaganza - Saturday, July 19th, Mill Pond Park

Enjoy food, games, rides, arts & crafts vendors, entertainment and a spectacular fireworks display over Mill Pond.

Save These Dates!

Newington Parks & Recreation Department's Summer 2014 Sports Camps

- | | |
|--|---------------------------------|
| • Skyhawks Tiny-Hawk | June 23 - 26 |
| • Skyhawks Basketball (grades K-2) | June 23 - 26 |
| • Skyhawks Flag Football | June 30 - July 3 |
| • Skyhawks Mini-Hawk | July 7 - 10 |
| • LAX Stars - Girls Lacrosse | July 7 - 11 |
| • Skyhawks Volleyball | July 21 - 24 |
| • Skyhawks Track & Field | August 4 - 7 |
| • Skyhawks Mini-Hawk | August 11 - 15 |
| • Skyhawks Multi-Sport | August 11 - 15 |
| • Skyhawks Tiny-Hawk | August 11 - 15 |
| • Field Hockey (girls entering grades 6-9) | August 11 - 15 & August 18 - 22 |

More camps are being finalized soon... details to follow in our Summer 2014 Program Guide!!!

Start Planning for the Summer!

The Parks & Recreation Summer Playground & Playground Pals scheduled program dates are June 23 - August 8, 2014.*

**Dates may change depending on school schedule.*

The **Playground Pals** program is open to children ages 5 & 6 who will be entering Kindergarten or 1st Grade in the Fall and reside in Newington or attend Newington schools.

The **Summer Playground** program is open to children who are Newington residents or attend Newington schools and are currently in grades 1-7.



Summer Playground/Playground Pals program information will be distributed in all Newington schools in late April.

Experience the fun!



New York City - On Your Own *Saturday, April 26, 2014*

Get an up-close and personal view of all the sights, monuments and buildings that make New York City one of the most visited cities in the world. Visit the Statue of Liberty, the Empire State Building, Central Park or Time Square. Or, go behind the scenes and check out some of the hidden gems - the hole-in-the-wall restaurants, the handmade crafts at tiny galleries, and the neighborhoods that make the city the amazingly diverse place that it is. The city is yours to explore however you choose.

Fee: \$64 per person

ID: 9466

Bus trip includes:

- Round trip motorcoach transportation
- Leisure time for shopping, lunch or sightseeing (maps and restaurant listings will be provided)
- Bus departs at approximately 7:00 a.m. (**Specific location to be determined**). Departs New York City at approximately 6:00 p.m.



Newport - On Your Own *Saturday, June 28, 2014*

Home to spectacular coastal scenery, awe-inspiring architecture, a thriving waterfront downtown and welcoming hospitality. Newport is considered to be a shining gem in the coastal crown of New England. From touring the famed Gilded Age mansions to enjoying a memorable dining experience at a waterfront restaurant, the options for interesting activities, distinctive stories and enticing photo opportunities are countless. For visitors looking to take a bit of Newport style home with them, the city's quaint wharves and cobblestone streets are a mix of unique shops and galleries - and you'll have leisure time to enjoy them as you choose.

Fee: \$62 per person

ID: 9610

Bus trip includes:

- Round trip motorcoach transportation
- Leisure time for shopping, lunch or sightseeing (maps and restaurant listings will be provided)
- Bus departs at approximately 7:30 a.m. (**Specific location to be determined**). Departs Newport at approximately 6:00 p.m.

BUS TRIP GUIDELINES

- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We typically use a 50-passenger coach bus. All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them. Most trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departure location details will be stated in your trip itinerary. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- We are not responsible for your return trip if you miss the bus!
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.

Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from late September through May. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2013 pool pass for the 2013-2014 indoor season, or may purchase pool passes for the indoor season at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Daily admission rates are listed below. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (see below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM
Dates: Mondays, Wednesdays & Fridays, Sept. 30, 2013 - May 30, 2014 *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860-665-8666 for information regarding school vacation swim times.*
Fee: **Pool Pass:** Individual: \$25 / Household: \$30 (Pool passes may only be purchased at the Parks and Recreation office)
Daily Admission Rate: \$3.00 for adults, \$2.00 for children under 18, \$2.00 for seniors (62+)

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

Newington High School Indoor Pool 605 Willard Ave, Newington
 Open Mon., Wed., and Fri.: 7:00 PM - 8:45 PM
 Office Number - 860-665-8666 / Hotline - 860-665-8686

Rocky Hill High School Indoor Pool 50 Chaplin Avenue, Rocky Hill
 Office - 860-258-7429 / Information Line - 860-258-2772

Wethersfield High School Indoor Pool 411 Wolcott Hill Rd, Wethersfield
 Office/Information - 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (MUST BE AT LEAST 6 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

For a more detailed list of the level descriptions, please visit www.newingtonct.gov/parksandrec



Adult Swim Lessons Ages 18 and up

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Lessons are taught in groups of no more than 4 participants per instructor. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool **Fee: \$65 (4 classes)**

ID:	Class	Time	Dates
9554	Beginners	7-7:30 p.m.	Wednesdays, March 19 - April 9 (4 classes)
9555	Advanced Beginners	7-7:30 p.m.	Wednesdays, April 23 - May 14 (4 classes)

Adult Swim Lesson Level Descriptions

Beginner: Designed for adults with minimal or no swimming experience, teaches water safety and confidence in the water by introducing floating (assisted and unassisted), submerging, breath-holding and independent movement in the water.

Advanced Beginner: Designed for adults who are already comfortable in the water but have minimal swimming experience. Students will begin with unassisted floating and move into basic stroke mechanics, utilizing the deeper water.

Preschool & Parent

Ages 3-5 with parent

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

ID:	Time	Dates
9514	5:30 - 6:00 PM	Mondays, March 17 - May 12 (no class 4/14)
9524	5:30 - 6:00 PM	Wednesdays, March 19 - May 14 (no class 4/16)

Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.

American Red Cross Lifeguarding



We will be offering an American Red Cross Lifeguarding Course April 23rd — May 21st. Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Participants must be 15 years of age by the completion of the course. **Course dates and times are posted on our website at www.newingtonct.gov/parksandrec.** Participants are required to attend all listed course dates. Please contact the Parks & Rec. Office with any questions at 860-665-8666.

Location: Newington High School Indoor Pool
Fee: \$225 for residents/ \$275 non-residents
ID: 9496



Group Swim Lessons *Ages 6 - 17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed/cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

Mondays, March 17 - May 12 (8 classes, no class 4/14)			Wednesdays, March 19 - May 14 (8 classes, no class 4/16)		
	5:30 - 6:00 PM	6:00 - 6:30 PM		5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	ID: 9519	Level 1	(not offered)	ID: 9529
Level 2	ID: 9515	ID: 9520	Level 2	ID: 9525	ID: 9530
Level 3	ID: 9516	ID: 9521	Level 3	ID: 9526	ID: 9531
Level 4	ID: 9517	ID: 9522	Level 4	ID: 9527	ID: 9532
Level 5/6	ID: 9518	ID: 9523	Level 5/6	ID: 9528	ID: 9533

Semi-Private Swim Lessons *Ages 6 - 17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Session 1 - MONDAYS March 17 - April 7		Session 2 - WEDNESDAYS March 19 - April 9	
	6:30 - 7:00 PM		6:30 - 7:00 PM
Level 1	ID: 9534	Level 1	ID: 9544
Level 2	ID: 9535	Level 2	ID: 9545
Level 3	ID: 9536	Level 3	ID: 9546
Level 4	ID: 9537	Level 4	ID: 9547
Level 5/6	ID: 9538	Level 5/6	ID: 9548

Session 2 - MONDAYS April 21 - May 12		Session 2 - WEDNESDAYS April 23 - May 14	
	6:30 - 7:00 PM		6:30 - 7:00 PM
Level 1	ID: 9539	Level 1	ID: 9549
Level 2	ID: 9540	Level 2	ID: 9550
Level 3	ID: 9541	Level 3	ID: 9551
Level 4	ID: 9542	Level 4	ID: 9552
Level 5/6	ID: 9543	Level 5/6	ID: 9553

Creative Playtime Preschool Program



Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Why Choose Creative Playtime Preschool Program?

- We are licensed by the State of Connecticut, meaning we have the highest standards of education and safety.
- Our mature and professional staff complete annual 'continuing education units' or 'CEU's to ensure that we are knowledgeable about the latest trends and techniques in the preschool field.
- Hundreds of children have graduated from our program since we attained State licensure in 2007.
- Our flexible program allows you to choose a schedule that suits your needs - choose morning, afternoon or full day programs - for one day per week or all five!
- Our classroom is a beautiful, large space with multiple activity areas which will offer your child an engaging and inspiring place to learn and play.
- We offer Flex Days, to provide extra care for your child when you need it!

Information About Our Program

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut, and our staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and a fenced-in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Head Teacher: Loralyn Callahan
Assistant Teachers: Janet Arnold, Maggie Bazzano, Christine Gomes and Diane Teevan

2014-2015 Registration & Program Information

- Registration is now being accepted at the Parks and Recreation office during normal office hours. Registration is taken on a first-come, first-served basis.
- A 25% non-refundable deposit is required at the time of registration.
- A payment plan will be available for the 2014-2015 school year at no extra charge. If you choose the payment plan option, the remaining balance will be due in three equal installments on July 16, 2014, October 16, 2014 and January 16, 2015.
- If you choose to pay in full, balance of payment is required in full by July 16, 2014.
- Our program is open to children ages 3—5. All children must turn 3 years old by December 31, 2014. Children who will not be 3 years old until after December 31, 2014 are welcome to register and begin attending our program after their 3rd birthday if there are spaces available.
- School skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.
- Additional registration information is available at the Parks and Recreation office along with a current listing of immunizations that are required for participation in the program.



Please join us for another



Wednesday, March 26, 2014

6:00 - 7:00 p.m.

Creative Playtime Preschool
1075 Main Street, Lower Level



Creative Playtime Preschool Program

Our convenient program schedule allows you to register only for the times and days that you choose. You can register for one day per week or all five! Choose the morning or afternoon program, or register your child for our full day program. We also offer a Flex Day program, which gives you the opportunity to sign your child up for an additional program when you need extra care.

Our affordable fees make our program a great value. Creative Playtime Preschool is an economical choice that provides an enriching, nurturing and stimulating environment for children to learn, socialize and play.



DAILY PROGRAM SCHEDULE

Morning Program 9:30 - 11:45 a.m.

9:30 - 10:30 a.m. Teacher-directed projects, snack time and free-play activities (dramatic play, puzzles, blocks, fine and gross motor activities).

10:30 -11:00 a.m. Clean-up time, calendar, weather check, pledge to the flag, theme of the day and teacher-directed learning.

11:00 - 11:45 a.m. Story time and outdoor play.

Afternoon Program 12:15 - 2:30 p.m.

12:15 - 1:15 p.m. Teacher-directed projects, snack time and free-play activities (dramatic play, puzzles, blocks, fine and gross motor activities).

1:15 - 1:45 p.m. Clean-up time, calendar, weather check, pledge to the flag, theme of the day and teacher-directed learning.

1:45 - 2:30 p.m. Story time and outdoor play.

Full Day Program 9:30 a.m. - 2:30 p.m.

This option combines the morning and afternoon programs and includes our lunch bunch program, a supervised 30 minute lunch period.

Please send your child with a healthy, nut-free and nut oil-free lunch.

2014-2015 PROGRAM DATES

- **Mondays: September 8th—June 1st** (no class 10/13, 12/22, 12/29, 1/19, 2/16, 4/20, 5/25)
- **Tuesdays: September 9th—June 2nd** (no class 11/11, 12/23, 12/30, 2/17, 4/21)
- **Wednesdays: September 3rd—June 3rd** (no class 11/26, 12/24, 12/31, 4/22)
- **Thursdays: September 4th—June 4th** (no class 11/27, 12/25, 1/1, 4/23)
- **Fridays: September 5th—June 5th** (no class 11/28, 12/26, 2/13, 4/3, 4/24)

2014-2015 PROGRAM FEES

ID:	DAYS	FEES	25% Deposit Due at Time of Registration (Non-Refundable)	
<u>9472</u>	Monday Mornings	\$468.00 (32 classes)	\$117.00	<u>Mondays Full Day</u>
<u>9473</u>	Monday Lunch Bunch	\$104.00 (32 classes)	\$ 26.00	\$1,040.00
<u>9474</u>	Monday Afternoons	\$468.00 (32 classes)	\$117.00	Deposit: \$260.00
<u>9475</u>	Tuesday Mornings	\$497.25 (34 classes)	\$124.31	<u>Tuesdays Full Day</u>
<u>9476</u>	Tuesday Lunch Bunch	\$110.50 (34 classes)	\$ 27.63	\$1,105.00
<u>9477</u>	Tuesday Afternoons	\$497.25 (34 classes)	\$124.31	Deposit: \$276.25
<u>9478</u>	Wednesday Mornings	\$526.50 (36 classes)	\$131.63	<u>Wednesdays Full Day</u>
<u>9479</u>	Wednesday Lunch Bunch	\$117.00 (36 classes)	\$ 29.25	\$1,170.00
<u>9480</u>	Wednesday Afternoons	\$526.50 (36 classes)	\$131.63	Deposit: \$292.50
<u>9481</u>	Thursday Mornings	\$526.50 (36 classes)	\$131.63	<u>Thursdays Full Day</u>
<u>9482</u>	Thursday Lunch Bunch	\$117.00 (36 classes)	\$ 29.25	\$1,170.00
<u>9483</u>	Thursday Afternoons	\$526.50 (36 classes)	\$131.63	Deposit: \$292.50
<u>9484</u>	Friday Mornings	\$511.88 (35 classes)	\$127.97	<u>Fridays Full Day</u>
<u>9485</u>	Friday Lunch Bunch	\$113.75 (35 classes)	\$ 28.44	\$1,137.51
<u>9486</u>	Friday Afternoon	\$511.88 (35 classes)	\$127.97	Deposit: \$284.38

Full Day Savings!
See below for details!

Full Day Savings! Save up to \$400 off!!

Register your child for one full day and receive \$100 off your total tuition bill for each additional full day your child is registered for! Up to \$400 discount applied available per child. Child must be registered prior to the beginning of the school year. So, register for:

*Two full days—receive \$100 off your total tuition bill

*Three full days—receive \$200 off your total tuition bill

*Four full days—receive \$300 off your total tuition bill

*Five full days—receive \$400 off your total tuition bill.

Youth Programs...

Music Together *Ages newborn to 5 years*

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

Instructor: Wednesdays: Jessica Nevins / Saturdays: Sue Freese

Location: Mortensen Community Center Romano Room

*Fee: **Wednesdays:** \$165 per child (\$75 for each additional sibling registered for same class.)*

***Saturdays:** \$140 per child (\$65 for each additional sibling registered for same class.)*

Fees include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling.



ID:	Time	Dates
9497	9:30 - 10:15 AM	Wednesdays, April 2 - June 11 (10 classes, no class 4/16)
9498	10:30 - 11:15 AM	Wednesdays, April 2 - June 11 (10 classes, no class 4/16)
9499	8:30 - 9:15 AM	Saturdays, April 5 - May 24 (8 classes)
9500	9:30 - 10:15 AM	Saturdays, April 5 - May 24 (8 classes)



Sign and Play *Ages newborn to 3 years*

Sign and Play classes will empower parents, caregivers and children to communicate clearly with one another and experience the profound bonding that results. This is accomplished by learning and practicing signs together in a playful setting and learning how to make signing a part of daily life. Each family is provided with a class handbook which includes lyrics to songs, descriptions on how to execute each sign and ideas for using the learned signs at home.

Instructor: Sue Freese

Location: Mortensen Community Center Arts & Crafts Room

Fee: \$130 includes family handbook, DVD and all materials. Fee remains the same for non-residents. \$60 for each additional sibling registered for same class.



ID:	Time	Dates
9501	10:45 - 11:30 AM	Saturdays, April 5 - May 24 (8 classes)

Dance Classes *Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room

Fee: \$48 for residents / \$60 for non-residents

ID:	Ages	Class	Time	Dates
9502	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, April 5 - May 31 (8 classes, no class 5/3)
9503	4 - 6	Hip Hop	2:00 - 2:45 PM	
9504	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
9505	5 - 8	Ballet	3:30 - 4:15 PM	
9506	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	



Jumpin' Gym Daze

Ages 12—36 Months with Parent

You and your toddler will enjoy this fun-filled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

Instructor: Christine Gomes

Location: Mortensen Community Center Gymnasium

Fee: \$39 for residents / \$49 for non-residents

ID:	Time	Dates
9507	9:30 - 10:15 AM	Wednesdays, April 2 - May 28 (8 classes) (no class 4/16)
9508	10:30 - 11:15 AM	Wednesdays, April 2 - May 28 (8 classes) (no class 4/16)

Mornin' Munchkins

Ages 12—36 Months with Parent

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

Instructor: Loralyn Callahan

Location: Mortensen Community Center Romano Room

Fee: \$45 for residents / \$56 for non-residents

ID:	Time	Dates
9509	9:30 - 10:15 AM	Mondays, April 7 - June 9 (8 classes) (no class 4/14, 5/26)
9510	10:30 - 11:15 AM	Mondays, April 7 - June 9 (8 classes) (no class 4/14, 5/26)

Youth Programs...

Children's Painting *Grades K - 5*

Paint the sights, signs and colors of Spring bursting out all around us! From a frog sitting on a rock, flowering trees and flowers, or a soccer game at the park to wherever your imagination takes you. Children will explore with sponge, cotton swabs and plastic wrap to achieve a variety of textures. Achieve the season's colors by experimenting and having fun! All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

ID:	Time	Dates	Fee
9511	6:30 - 7:30 PM	Thursdays, April 3 - May 1 (4 classes, no class 4/17)	\$28 for residents \$35 for non-residents

APRIL VACATION PROGRAMS



Let's Gogh Art- Ventures with Pigasso and Mootisse *Grades K - 5*

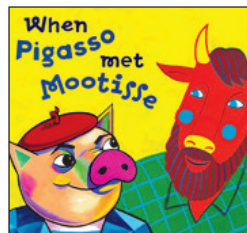
Let's Gogh Art is passionate about inspiring children to reach beyond and create art that is uniquely their own. Participants will learn about real artists, their vision of the world and the materials and techniques they use or used. Think about famous artists like Picasso, Matisse, van Gogh, Homer and more. During these art-packed mornings, participants will explore canvas art, painting, drawing, tie dying, decoupage, collage, stained glass, beading, sculpting, fabric art and more. Two or more treasured works of art are brought home each day.

Please send your child each day with a nut-free snack and a drink.

Location: MCC Arts & Crafts Room

Instructor: Let's Gogh Art staff

Fee per workshop: \$35 for residents / \$43 for non-residents



Tie dye T's and Paint with Me *with Let's Gogh Art*

Explore abstract tin-foil art, discover a unique tie dying technique to create color explosion t-shirts and paint watercolor seascapes like Winslow Homer, with origami boats afloat.

Metallic Clay & Magnificent Matisse *with Let's Gogh Art*

Sculpt with clay and transform bottles into metallic vessels (inspired by ancient metal art), create gorgeous paintings with glittering paper snowflakes inspired by Twitchell, and canvas art inspired by Henri Matisse.

Peace Sign Party Time with Vincent van Gogh *with Let's Gogh Art*

With tons of cool decorations to choose from, have a blast coloring and decorating giant (12") paper mache peace signs! Create collages inspired by Vincent van Gogh, and design leather graffiti wristbands.

Art-ventures with Mr. Clay Picasso Head *with Let's Gogh Art*

With Picasso's asymmetrical portraits in mind, play with colorful clay to create wacky mix-and-match faces. Plus, decoupage bright tissue paper vases and design cool Native American wristbands.

ID:	Date/Time	ID:	Date/Time	ID:	Date/Time	ID:	Date/Time
9606	Monday, April 14 9AM - 12PM	9607	Tuesday, April 15 9AM - 12PM	9608	Wed., April 16 9AM - 12PM	9609	Thursday, April 17 9AM - 12PM

Children's Art Explorers *Grades K - 5*

Art Explorers will find themselves exploring with different materials to create sculptures, paintings and drawings. Imaginations will run wild creating bright, colorful collage, wild creatures from wire and beads, decorated clay sculpture, paint and more! These activities require fine motor skills and imagination, which are so important for children to develop and grow, while having fun. All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

*Fee: \$28 for residents
\$35 for non-residents*

ID:	Time	Dates
9512	6:30 - 7:30 PM	Tuesdays, April 1 - 29 (4 classes) (no class 4/15)



Children's Art Workshop Simply Dazzling Designs *Grades K - 5*

Students will observe the natural patterns, shapes and colors that appear on animals - for example a leopard's spots or a crocodile's scales. Students will then replicate those patterns and use them to draw stylish figures and apparel with pencil and paint on paper - for example, a fun pair of sneakers with zebra stripes. Lots of creative expression and FUN in this workshop! All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

*Fee: \$12 for residents
\$14 for non-residents*

ID:	Time	Date
9513	6:30 - 7:30 PM	Tuesday, May 20 (1 class)

Youth Sports & Fitness...

The First Tee of CT PLAYer Instructional Golf Program

Ages 7-12

The Parks & Recreation Department, in conjunction with The First Tee of Connecticut, is offering golf instruction for children of all ability levels.



The PLAYer Program

The PLAYer Level introduces participants to The First Tee's Nine Core Values, Nine Healthy Habits and Code of Conduct and focuses on learning the game of golf and its rules and etiquette. Students will participate in on-course activities with four main focuses, PLAY, LEARN, APPRECIATE and YOUR GAME. The PLAYer Program provides an avenue for coaches to engage participants in a seamless introduction to The First Tee Code of Conduct, etiquette and the Rules of Golf while playing a game - the game of golf. Participants immediately gravitate to the activities, and as a result, the rate at which they comprehend the material is exceptional. All participants new to The First Tee must enter through the Player Level. Clubs are available for use or participants may bring their own. For more information, please visit www.thefirstteect.org. Spaces are limited.

Instructors: The First Tee Instructors

Location: Wednesday and Thursday Programs held at Learning Links at TPC River Highlands in Cromwell
Saturday Program held at Goodwin Park in Hartford

Fee: Fees are listed below. Fees remain the same for non-residents.

ID:	Time	Dates
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Learning Links at TPC River Highlands

9556	4:00 - 5:20 PM	Wednesdays, April 9 - May 21 (7 classes)	\$49
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Learning Links at TPC River Highlands

9557	5:30 - 6:50 PM	Thursdays, April 10 - May 22 (7 classes)	\$49
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Goodwin Park

9558	12:30 - 1:50 PM	Saturdays, April 12 - May 31 (7 classes, no class 5/24)	\$35
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Gymnastics Ages 2 and up

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. For Parent/Tot class, children must be 2 years old when class begins in order to participate.

Instructor: New England Gymnastics Express Staff

Location: New England Gymnastics Express - 136 Day St, Newington

Fee: \$79 for residents / \$98 for non-residents

ID:	Time	Dates
Parent and Tot: Ages 2 - 3 1/2 with Parent		
9559	1:00 - 1:40 PM	Mondays, March 24 - May 19 (8 classes, no class 4/14)
9560	1:00 - 1:40 PM	Thursdays, March 27 - May 22 (8 classes, no class 4/17)
Preschool: 3 1/2 - 5 years old		
9561	1:45 - 2:25 PM	Mondays, March 24 - May 19 (8 classes, no class 4/14)
9562	1:45 - 2:25 PM	Thursdays, March 27 - May 22 (8 classes, no class 4/17)
Beginner: Kindergarten - 2nd Grade		
9563	6:00 - 6:45 PM	Tuesdays, March 25 - May 20 (8 classes, no class 4/15)
9564	6:00 - 6:45 PM	Thursdays, March 27 - May 22 (8 classes, no class 4/17)

Tennis Lessons Ages 7-12

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children who are at a beginner or intermediate level of play. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and over-head. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.

**Please note that participants must register by the Wednesday prior to the first day of the session.*

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

Fee: \$83 for residents / Fee remains the same for non-residents.

ID:	Time	Dates
9565	4:00 - 5:00 PM	Sundays, May 4 - June 8 (5 classes, no class 5/25)

Girls' Basketball Skills Clinic Grades 5 - 8

Newington High School Girls' Varsity Basketball Coach Rick Bangs offers this basketball clinic designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun. Topics include ball handling, shooting mechanics, defense and rebounding.

Staff: Rick Bangs

Location: John Wallace Middle School

Fee: \$50 for residents / fee remains the same for non-residents



ID	Grades	Time	Dates
9566	Grades 5 & 6	5:30 - 6:30 PM	Wednesdays, May 7-28 (4 classes)
9567	Grades 7 & 8	6:40 - 7:40 PM	Wednesdays, May 7-28 (4 classes)

Teen/Adult Programs...

Teen Center *Grades 7 - 12*

Fridays, 7:00 - 10:00 PM

November 8, 2013 - March 21, 2014

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. On the nights of 7th & 8th grade dances, the Teen Center is only open to teens in 7th & 8th grades. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must show their school ID at the door** or a parent/guardian must be present to sign the student in - **there are absolutely no exceptions**. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

THE LAST DANCE OF THE SCHOOL YEAR WILL BE:

Friday, March 28, 2014

Intro to SUP (Stand Up Paddleboard)

Ages 13 - adult

SUP offers a new perspective on exploring our waterways. It's a great way to get a full body workout. This 1.5 hour long basics session will take place on a quiet stretch of the Farmington River in Collinsville. We'll cover all the basics; getting familiar with equipment, water entry and balance, proper stance and positioning on the board, efficient paddling technique, and safety and etiquette. This is a sport that can be enjoyed in both calm, flat water as well as taken to the next level in the surf! Use of paddle board, personal floatation device, and paddles are included.

Location: Collinsville Canoe & Kayak - Collinsville, CT

Fee: \$39 for residents / Fee remains the same for non-residents

ID:	Time	Date
9568	11:00 AM- 12:30 PM	Saturday, June 21 (one class)

*Love being on the water?
See page 14 for our **Intro to Kayak** course!*

Teen Center Facility Rentals *Ages 7 - 18*

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The facility rental fee is \$30 per hour for residents and \$40 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. Limit: 30 guests.



Mortensen Community Center Gym Rentals

The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$40 per hour for non-residents.

Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.



Adult Programs...

Men's Softball League (18+)

The Men's Softball League runs from early May until late August (Monday through Friday). The League consists of approximately 20 teams. Players must live in Newington to be eligible to play. League fees are approximately \$900 per team. Teams that participated last season need to contact the Parks & Recreation office by March 6th if interested in returning. After March 6th, new teams meeting the eligibility requirements will be considered for participation in the league.

Women's Softball League (18+)

The Women's Softball League runs from early May until mid-August (Monday & Wednesday). We are looking to expand our Women's League that currently has teams from Newington and Wethersfield. League fees will be approximately \$650 per team. Teams that participated last season need to contact the Parks & Recreation office by March 6th if interested in returning.

If you are interested in getting a team in either the Men's or Women's Softball League, or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov

PLAY KICKBALL!

The Kickball League will run mid-May until late August. League fees are approximately \$450 per team.

If you are interested in getting a team in the league or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov.



Intro to Kayak Ages 13 - adult

Enjoy nature up close in our beautiful waterways. This course is for those who want a more in-depth start, or a tune-up of basic skills. Topics covered will include boat design/materials, paddle/pfd and equipment selection. The basic strokes and maneuvers that are covered are; paddling forward, backward, turning, bracing to prevent capsize and what to do in an emergency. Use of kayaks, personal floatation device and paddles are included. Taught on flatwater in Collinsville, CT.

Location: Collinsville Canoe & Kayak - Collinsville, CT

Fee: \$65 for residents / fee remains the same for non-residents

ID:	Time	Date
9569	10:30 AM- 1:30 PM	Saturday, May 17 (one class)

One-Day Connecticut Safe Boating and Personal Watercraft Certification

Ages 12 - adult

This single session, 8-hour course instructed by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19 1/2' in length and longer. Upon successful completion of this course, the student can mail or deliver the diploma to any State DEP or DEEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the Certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. While there is no age minimum by any state regulation, we recommend that students are least 12 years of age due to the length of the course and the amount of material covered. All students should bring a pen or pencil to class.

Instructor: Professional Marine Education staff
Location: Mortensen Community Center Romano Room
Fee: \$65 for residents / \$75 for non-residents



ID:	Time	Dates
9430	8:30 AM - 4:30 PM	Sunday, March 23rd (one class)
9431	8:30 AM - 4:30 PM	Sunday, April 27th (one class)

Beginner Ladies Golf Clinic

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment.

The five lessons featured in the Get Golf Ready program will provide basic skills instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others.

For more information about the program, please call 860-666-5447.

Instructor: Michelle Winkler, Golf Professional
Location: Indian Hill Country Club, 111 Golf Street
Fee: \$99 for residents / fee remains the same for non-residents

ID:	Time	Dates
9570	6:00 - 7:30 PM	Thursdays, May 1 - 29 (5 classes)

Adult Programs...

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium
Instructor: Mondays & Tuesdays: Lydia Borysiuk
 Thursdays: Mary Woods

ID:	Dates	Time	Fee
9571	Mondays, March 31 - June 16 (11 classes, no class 5/26)	4:45 - 5:30 PM	\$42 for residents \$52 for non-residents
9572	Tuesdays, April 1 - June 17 (12 classes)	5:15 - 6:15 PM	\$60 for residents \$75 for non-residents
9573	Thursdays, April 3 - June 19 (11 classes, no class 4/17)	5:30 - 6:30 PM	\$55 for residents \$68 for non-residents

All participants in our adult programs must be 16 years of age or older, except where noted otherwise.

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. In this fun class, you will learn some of the most popular dances. No partner is needed! Line dancing is fun, it's fantastic exercise and just a few classes will free the dancer in you.



Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$77 for residents / \$96 for non-residents

ID:	Time	Dates
9574	5:30 - 6:30 PM	Mondays, March 31 - June 16 (11 classes, no class 5/26)

Zumba Toning

This Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.



Location: Senior & Disabled Center Auditorium
Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
9575	Mondays, March 31 - June 16 (11 classes) (no class 5/26)	5:30 - 6:15 PM	\$42 for residents \$52 for non-residents

Cardio Tennis for Beginners



Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help you get in shape, but will help improve your tennis skills as well! *Participants must register by the Wednesday prior to the first day of the session.*

Instructors: Newington Tennis Center Staff
Location: Newington Tennis Center, 60 Prospect St.
Fee: \$60 for residents / Fee remains the same for non-residents

ID:	Time	Dates
9576	4:00 - 5:00 PM	Sundays, May 4 - June 8 (5 classes, no class 5/25)

NEW Flower & Butterfly Sketching and Painting



Choose the media you wish to use, from colored pencil, graphite, watercolor, gouache or ink. Simple step-by-step visual examples with clear instructions will be given. You'll learn how to mix values, apply color, and create harmonious backgrounds and much more. The creative possibilities are endless and lots of fun! Please call the Parks and Recreation Department at 860-665-8666 for a list of materials prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki
Location: Senior & Disabled Center Arts & Crafts Room
Fee: \$30 for residents / \$37 for non-residents

ID:	Time	Dates
9577	6:30 - 8:00 PM	Mondays, April 21 - May 12 (4 classes)

Adult Yoga and Fitness Classes...

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room

ID:	Class	Time	Dates	Fee
9578	Beginner Yoga with Cynthia Wolcott	6:00 - 7:15 PM	Tuesdays, April 8 - June 17 (11 classes)	\$66 for residents \$82 for non-residents
9579	Mixed Levels Yoga with Lisa Jones	6:00 - 7:15 PM	Wednesdays, April 2 - June 18 (12 classes)	\$72 for residents \$90 for non-residents
9580	Beginner / Mixed Levels with Karen Sevenoff	5:30 - 6:45 PM	Thursdays, April 3 - June 19 (11 classes, no class 5/1)	\$66 for residents \$82 for non-residents
9581	Mixed Levels Yoga Instructor Rotation	10:30 - 11:45 AM	Saturdays, April 5 - May 17 (7 classes)	\$42 for residents \$52 for non-residents

Yoga Special

Register for any two Yoga classes on this page and save \$5!

Yoga Class Descriptions

BEGINNER YOGA

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!



MIXED LEVELS

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter and early spring months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

All participants in our adult fitness programs must be 16 years of age or older, except where noted otherwise.

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
9582	6:30 - 7:30 PM	Mondays, March 31 - June 16 (11 classes, no class 5/26)	\$44 for residents \$55 for non-residents
9583	6:30 - 7:30 PM	Wednesdays, April 2 - June 18 (12 classes)	\$48 for residents \$60 for non-residents

Register for both Hi/Lo classes and save \$5!
Residents: \$87! Non-Residents: \$110!

Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$48 for residents / \$60 for non-residents

Thursdays: \$48 for residents / \$60 for non-residents

ID:	Time	Dates
9584	9:15 - 10:15 AM	Tuesdays, April 1 - June 17 (12 classes)
9585	9:15 - 10:15 AM	Thursdays, April 3 - June 19 (12 classes)

Register for both classes and SAVE \$5!
Residents: \$91! Non-Residents: \$115!

Adult Pilates and Fitness Classes...

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. The **Beginner** class will focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs. The **Intermediate** class will continue to strengthen the core by using more challenging poses that work your muscles in more challenging positions. This class moves through the exercises at a faster pace. Please bring a yoga mat and water.

Instructor: Maggie Downie
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$102 / Non-Residents: \$127

ID:	Class	Time	Dates
9586	Beginner	5:30-6:30 PM	Wednesdays, April 2 - June 18
9587	Intermediate	6:30-7:30 PM	(12 classes)

The Art of T'ai Chi

T'ai Chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

Instructor: Ken Zaborowski
Location: Mortensen Community Center Romano Room
Fee: \$68 for residents / \$85 for non-residents

ID:	Class	Time	Dates
9588	Mixed Levels	5:30 - 6:30 PM	Mondays, March 31 - June 16 (11 classes, no class 5/26)

Power Cardio

Blast into shape with this 60-minute, high-energy boot camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. All fitness levels are welcome!

Instructor: Laura Campbell
Location: Mortensen Community Center Gymnasium

ID:	Time	Dates	Fee
9589	5:45-6:45 PM	Tuesdays, April 1 - June 17 (12 classes)	\$60 for residents \$75 for non-residents

Power-Up Pilates

Power-Up Pilates - Like a regular Pilates class, this class will provide a full body workout. You'll work your arms, legs, abs, back, and butt, but use props that will help to strengthen, tighten and tone the entire body quickly and safely. Power-Up Pilates integrates the lengthening and stretching principles of traditional Pilates and adds strength training. This is a mixed levels class - everyone is welcome! Options for different ability levels will be provided. Though exercises might feel more intense, every exercise can be modified for beginner and intermediate levels. Wear comfortable clothes, bring a mat and water.

Instructor: Donna Valente
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$74 / Non-Residents: \$93

ID:	Class	Time	Dates
9590	Mixed Levels	6:00 - 6:45 PM	Mondays, March 31 - June 16 (11 classes, no class 5/26)

Bar Physique

Bar Physique is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb hand weights.

Instructor: Donna Valente
Location: Senior & Disabled Center Rooms A & B

ID:	Time	Dates	Fee
9591	5:15-6:00 PM	Mondays, March 31 - June 16 (11 classes, no class 5/26)	\$74 for residents \$93 for non-residents
9592	5:30-6:15 PM	Thursdays, April 3 - June 19 (11 classes, no class 4/17)	\$74 for residents \$93 for non-residents



Program Information
 &
 Cancellation Hotline:
860-665-8686

Programs for Older Adults...

Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the fall, winter and spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!



Monday through Friday 8:30 - 10:30 AM

FREE

There will be no indoor walking available when Town Hall is closed.

Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the gym is not available.

We apologize in advance for any inconvenience this may cause.

Fun-n-Fitness

An invigorating class that gets you off on the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$42 for residents

\$52 for non-residents

Thursdays: \$42 for residents

\$52 for non-residents

ID:	Time	Dates
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9594 10:20 - 11:20 AM Tuesdays, April 1 - June 17 (12 classes)

9595 10:20 - 11:20 AM Thursdays, April 3 - June 19 (12 classes)

Register for both classes and SAVE \$5!

Residents: \$79! Non-Residents: \$99!

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter and early spring months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Zumba for Older Adults

This is a fun Zumba class that will utilize choreography specifically created for the older adult population. The moves are less intense than in a traditional Zumba class and are so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, this class will be very fun and easy-to-follow. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing, appropriate footwear for a dance/exercise class and bring water.



Instructor: Mary Woods

Location: Senior & Disabled Center Auditorium, EXCEPT class on 5/2 will be held in the Mortensen Community Center Gymnasium.

Fee: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
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9593 10:00 -10:45 AM Fridays, April 11 - June 20 (10 classes, no class 4/18)

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Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. **Participants must register at the Senior & Disabled Center Main office.** Registration is no longer accepted by the Parks and Recreation Department. For information about becoming a Senior & Disabled Center member, please call 860-665-8778.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
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9454 11:30 - 1:30 PM Tuesday, March 11

9596 11:30 - 1:30 PM Tuesday, April 8

9597 11:30 - 1:30 PM Tuesday, May 13

9598 11:30 - 1:30 PM Tuesday, June 10



Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

So, if there's a program that you are interested in...

Please Register Early!

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$26 per session for residents
\$32 per session for non-residents

ID:	Time	Dates
9599	11:15 AM - 12:15 PM	Mondays, March 31 - April 28 (5 classes)
9600	11:15 AM - 12:15 PM	Mondays, May 12 - June 16 (5 classes, no class 5/26)

Spaces are limited! Register Early!



Program Information
&
Cancellation Hotline:
860-665-8686

Oil Painting for Everyone

This course teaches the traditional, timeless concepts of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these fundamental concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a list of materials prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$96 for residents / \$120 for non-residents

ID:	Time	Dates
9601	9:15 - 11:45 AM	Tuesdays, April 1 - June 10 (11 classes)

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$50 for residents / \$62 for non-residents

ID:	Time	Dates
<u>Beginners</u>		
9602	9:00 - 9:45 AM	Mondays, March 31 - June 16 (11 classes, no class 5/26)
<u>Intermediates</u>		
9603	10:00 - 10:45 AM	Mondays, March 31 - June 16 (11 classes, no class 5/26)

Line Dancing for Older Adults

Line dancing is a great way to stay active, healthy, and have fun! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$39 per session for residents
\$49 per session for non-residents



ID:	Time	Dates
9604	11:00 AM - 12:00 PM	Fridays, April 4 - May 2 (5 classes)
9605	11:00 AM - 12:00 PM	Fridays, May 16 - June 20 (5 classes, no class 5/23)

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Payment Methods: We accept payment by cash, check, debit, VISA, MasterCard or Discover credit cards. Program registrations will not be accepted without payment and a completed registration form.

Three Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through. Fax to 860-665-8739.

Mail-in: Complete and sign the registration form. Include credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111. Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

*Drop slot may be available after hours.

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. So, if you know you want to take a program... PLEASE REGISTER EARLY!

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday, 8:30a.m. - 4:30p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web: www.NewingtonCT.gov/parksandrec

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, March 7, 2014. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for select programs if there are openings beginning Friday, March 21, 2014. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register. The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued. Please see www.newingtonct.gov for the refund request form and full refund policy.

Help Wanted!

The Newington Parks and Recreation Department is now accepting applications for Summer employment.. Available positions include but are not limited to: Lifeguards, Water Safety Instructors, Summer Playground Counselors and Parks and Grounds Maintainers. Applications for Summer positions will be accepted until Monday, March 31st. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.

